

COOKING GAME MEAT

A collection of recipes from the
Cent\$ible Nutrition Program





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About this Cookbook & *Food from the Field*

This cookbook was made in partnership between the Cent\$ible Nutrition Program and Wyoming Hunger Initiative for the *Food from the Field* program.

The *Food from the Field* program is a collaborative effort between Wyoming Hunger Initiative, Wyoming Game & Fish Department, Wyoming Department of Agriculture, Wyoming Food Bank of the Rockies, and participating meat processors, as well as Wyoming hunters who donate game meat. Donated meat is processed by partner meat processors in the state, then shared with the Wyoming Food Bank of the Rockies, which distributes it to local food pantries. All donated game meat from this program undergoes Chronic Wasting Disease (CWD) testing to ensure it is safe before it comes to you. Enjoy!



About the Cent\$ible Nutrition Program

The recipes in this cookbook come from the Cent\$ible Nutrition Program (CNP) cookbook. Each recipe was tested by the CNP team to ensure it tastes great and is easy to make.

Game meat is a nutritious, lean source of protein. Whether you are new to game meat or not, we hope you enjoy the recipes in this booklet. For more tasty, healthy, and easy recipes, join CNP!

The Cent\$ible Nutrition Program (CNP) is a resource to help Wyoming's families eat better for less. CNP provides classes in every county in Wyoming and on the WRIR. Through the series of lessons, you can learn how to save money and time at the grocery store, cook quick and healthy meals, and stretch your food dollars. Class highlights include:

- Hands-on activities
- Cooking a new recipe every lesson
- A kitchen tool to take home every lesson
- A cookbook to take home with over 200 easy, healthy recipes

CNP also works with partners, like local food pantries, to make healthy changes in our communities. Look for us in your community and visit uwyocnp.org to learn more.

We hope you enjoy this booklet!



A Note on Food Safety

Like all meat and poultry, game meat needs to be handled safely to keep you and your family healthy. Here are some quick tips:

1. Clean

- Always wash hands before and after touching food, especially raw meat.
- Clean knives, plates, and cutting boards that have touched raw meat before using them for other foods or cooked meat.

2. Separate

- Keep raw game meat away from other foods in the refrigerator.
- Use a separate cutting board and knife for game meat and other foods, or wash cutting boards and knives between cutting foods.

3. Cook

- Cook game meat to an internal temperature of 160°F.

4. Chill

- Thaw frozen meat safely in the refrigerator on a plate, in cold water changed every 30 minutes, or in the microwave. Cook immediately if thawing in water or the microwave.
- Keep raw meat cold until ready to cook.
- Refrigerate or freeze cooked meat within 2 hours of cooking.

CNP Meat Sauce

Makes 16 cups | 16 servings

CNP Meat Sauce is a basic recipe used to make many of the recipes in this booklet. It freezes well, making dinner simple and easy.

Ingredients

- 4 pounds lean ground game meat
- 1 medium onion, minced
- 1 6-ounce can tomato paste plus 6 ounces of water, or 1 can tomato soup
- 2 15-ounce cans tomato sauce
- 4 garlic cloves, minced (2 teaspoons garlic powder)
- 1 teaspoon salt



Directions

1. Brown meat in large skillet, saucepan, or electric skillet. Drain fat.
2. Add remaining ingredients. Simmer 20-30 minutes. Add water to thin the sauce, if necessary.
3. Place 1-cup portions in freezer-quality, resealable plastic bags. Freeze.

Variation

Add Vegetables- Shred 3 medium carrots and add after meat is cooked.

CNP Tip

Make this recipe first and freeze it, then use it to quickly make the other recipes in this cookbook.

Chili

Makes 6 cups | 4 serving

Ingredients

- 2 cups *CNP Meat Sauce*, frozen or thawed
- 2 15-ounce cans kidney beans, drained
- 1 green bell pepper, diced
- 1 15-ounce can petite diced tomatoes, drained
- 2 teaspoons cumin
- 2-3 teaspoons chili powder

Directions

1. In a saucepan, heat *CNP Meat Sauce* until thawed, if using frozen.
2. Add remaining ingredients.
3. Heat through and simmer for 10 minutes.
4. Serve with brown rice or corn bread.

Chili Rice Bake

Makes 6 cups | 4 servings

Ingredients

1 cup *CNP Meat Sauce*, frozen
2 cups low-sodium beef broth
1 green bell pepper, chopped
2 Tablespoons chili powder
1 teaspoon garlic powder
3 cups cooked brown rice
½ cup low-fat cheddar cheese, shredded
Nonstick spray

Directions

1. Preheat oven to 350°F.
2. Spray a 9x13-inch pan with nonstick spray.
3. Heat frozen *CNP Meat Sauce*, broth, bell pepper, and spices to a boil in a saucepan.
4. Add rice and stir together.
5. Pour into the baking dish and sprinkle cheese over the top.
6. Bake at 350°F for 20 minutes, or until the cheese begins to brown.

Green Chili

Makes 6 cups | 6 servings

Ingredients

1 pound lean ground game meat
1 Tablespoon canola oil
1 small onion, diced
4 garlic cloves, minced (1 teaspoon garlic powder)
2 teaspoons cumin
1 4-ounce can green chilies, drained and chopped
1 15-ounce can tomatoes (undrained)
4 cups water
Black pepper to taste

Directions

1. Heat oil over medium-high heat in skillet or electric skillet. Add meat and cook until browned.
2. Add onions and garlic. Cook until brown.
3. Add cumin, green chilies, tomatoes with liquid, water, and black pepper. Simmer for 1 hour.

Italian Soup

Makes 6 cups | 6 servings

Ingredients

- 2 cups *CNP Meat Sauce*, thawed
- 1 Tablespoon Italian seasoning
- 1 15-ounce can crushed tomatoes
- 1 15-ounce can cannellini beans, drained
- 2 cups low-sodium beef broth
- ½ cup uncooked whole-wheat pasta (macaroni, penne, etc.)
- 1 cup chopped vegetables (zucchini, bell peppers, carrots, summer squash, etc.)



Directions

1. Combine all ingredients in a saucepan.
2. Bring to a boil.
3. Add more water, if needed.
4. Simmer 10 minutes or until pasta is tender.

CNP Tip

Serve soup with bread. Try using the bread recipe on p. 16.

Follow steps 3-9 on p. 16-17, then follow the steps below:

1. Roll out dough into a 12x7-inch rectangle. Roll up from the short end, pinch to seal, and place in a 9x5x3-inch loaf pan coated with nonstick spray. Let rise 20-25 minutes or until double in size.
2. Preheat oven to 375°F.
3. Bake at 375°F for 30-35 minutes or until brown.

Lasagna

Makes 1 lasagna | 12 servings

Ingredients

- 1 pound lean ground game meat
- 2 cups low-fat ricotta cheese
- 1 cup low-fat cottage cheese
- 2 Tablespoons dried parsley
- 1 teaspoon garlic, chopped ($\frac{1}{4}$ teaspoon garlic powder)
- 5 cups spaghetti sauce, separated
- 12 ounces uncooked whole-wheat lasagna noodles
- 1 cup low-fat mozzarella cheese, grated
- $\frac{1}{4}$ cup Parmesan cheese, grated
- 1 10-ounce package frozen broccoli or spinach

Directions

1. Preheat oven to 350°F.
2. Brown game meat in a skillet. Drain off fat.
3. Mix 4 cups of spaghetti sauce with meat.
4. Spray a 9x13-inch pan with nonstick spray.
5. Mix together ricotta cheese, cottage cheese, parsley, and garlic.
6. Pour 1 cup spaghetti sauce in the bottom of the pan.
7. Layer $\frac{1}{3}$ of the noodles in the pan so they touch, but do not overlap.
8. Spread $\frac{1}{2}$ the ricotta mixture on top. Add $\frac{1}{2}$ the frozen vegetables. Top with $\frac{1}{2}$ the mozzarella cheese.
9. Repeat, adding $\frac{1}{3}$ cups of meat and sauce mixture, $\frac{1}{3}$ of the noodles, the rest of the ricotta mixture, the rest of the vegetables, and the rest of the mozzarella cheese.
10. Cover with $\frac{1}{3}$ cups of meat and sauce mixture and $\frac{1}{3}$ of the noodles. Top the lasagna with the last $\frac{1}{3}$ cups of meat and sauce mixture, then sprinkle with Parmesan cheese.
11. Cover tightly with aluminum foil and bake for 1 hour.

Meatballs

Makes 48 meatballs | 16 servings

Ingredients

2 pounds lean ground game meat
2 eggs
1 Tablespoon dried parsley
1 cup bread crumbs
1 cup low-fat milk
1 teaspoon salt
½ teaspoon black pepper
2 teaspoons onion powder
Nonstick spray

Directions

1. Preheat oven to 400°F. Coat baking sheet(s) with nonstick spray.
2. Mix all ingredients together in a bowl. Shape into 48 balls, about the size of a golf ball (1 inch).
3. Arrange meatballs on baking sheet(s). Bake at 400°F for 20-30 minutes or until meatballs reach an internal temperature of 160°F.
4. To freeze for later use, chill quickly. Freeze individually on clean baking sheets. Then, package groups of 12-16 meatballs. Label, date, and freeze.

Serving Suggestions

Serve meatballs with spaghetti sauce over cooked whole-wheat noodles, use in the Vegetable Meat Packet, or as a sub sandwich with warm tomato sauce.

Meatloaf

Makes 1 loaf | 6 servings

Ingredients

MEATLOAF

- 2 eggs, beaten
- ½ cup bread or cracker crumbs, or oatmeal
- ¼ cup onion, chopped
- 2 Tablespoons dried parsley (optional)
- 1 teaspoon garlic powder
- 1 teaspoon Worcestershire sauce (optional)
- ½ teaspoon salt
- ½ teaspoon ground sage (optional)
- ⅛ teaspoon black pepper
- 1½ pounds lean ground game meat

GLAZE

- ½ cup ketchup
- 2 Tablespoons brown sugar
- 1 teaspoon dried or prepared mustard

Directions

1. Preheat oven to 350°F.
2. In a bowl, combine eggs and milk, then stir in bread or cracker crumbs (or oatmeal), onion, and all the seasonings.
3. Add ground meat and thoroughly mix together.
4. Firmly pat the meat mixture into a loaf pan or shallow baking dish.
5. Bake for 50 minutes. While meatloaf is baking, mix together glaze ingredients.
6. After 50 minutes, spoon off drippings and fat from the meatloaf.
7. Spread glaze over the top of the meatloaf. Bake 10 more minutes or until internal temperature is 160°F.

Pasta Fagioli

Makes 8 cups | 4 servings

Ingredients

- 1 cup *CNP Meat Sauce*
- 1 15-ounce can chili beans, undrained
- 1 cup whole-wheat macaroni
- 2-3 teaspoons Italian seasoning
- ½ cup low-fat cheese, shredded

Directions

1. Cook macaroni following package directions. Drain.
2. In a large saucepan or electric skillet, combine all ingredients except cheese. Heat through.
3. Add cheese at the end and cook until melted.



Variations

Add Veggies- Add 1-2 cups cooked vegetables.

Change Grains- Try cooked brown rice, other pastas, quinoa, or bulgur instead of macaroni.

Chili Mac- Add a 15-ounce can of chopped tomatoes. Replace Italian seasoning with 2-3 teaspoons of chili powder.

CNP Tip

Pasta Fagioli is similar to packaged hamburger pasta meals you can buy at the store, but it is less expensive. Making meals like this from scratch, rather than buying the boxed meals, is a good way to save money. Homemade meals tend to be healthier as well!

Runzas

Makes 8 Runzas | 8 servings

Ingredients

BREAD

- 1½ cups whole-wheat flour
- 1 package rapid rise yeast (or 2½ teaspoons)
- 3 Tablespoons sugar
- 1 teaspoon salt
- 1 cup hot water (125-130°F)
- 3 Tablespoons canola oil
- 1½ cups all-purpose flour (approximate)
- Nonstick spray



FILLING

- 1 pound lean ground game meat
- 1 onion, chopped
- 4 cups chopped cabbage or prepared cabbage mix
- 1 teaspoon salt
- 1 teaspoon garlic powder
- ½ teaspoon black pepper
- Nonstick spray

Directions

1. Brown meat and onion in skillet. Drain fat.
2. Add cabbage and cover. Cook 5 minutes until cabbage is tender crisp. Drain off liquid. Add salt and pepper and mix well. Cool in refrigerator while making dough.
3. Preheat oven to 350°F.
4. Spray a baking sheet (any size) with nonstick spray.
5. Combine whole-wheat flour, yeast, sugar, and salt in a 1 gallon heavy-duty freezer bag with a zipper lock. Squeeze upper part of bag to force out air. Shake and work bag with fingers to blend ingredients.

Runzas, continued

6. Add hot water and oil to the bag and reseal it. Mix by working bag with fingers.
7. Gradually add enough all-purpose flour to the bag to make a stiff dough that pulls away from the bag.
8. Place dough on a floured surface. Knead 2-4 minutes until smooth and elastic.
9. Cover dough and let it rest for 10 minutes.
10. Roll out dough to form a 12x14-inch rectangle. Cut into 16 squares. Place 1-2 Tablespoons of meat mixture in the middle of 8 squares. Moisten edges of squares with water. Top with 8 remaining squares. Press dough firmly around edges.
11. Place Runzas on baking sheet (any size) coated with nonstick spray. Let rise for 30 minutes or until doubled in size. Bake at 350°F for 20 minutes.

Variations

Add Cheese- Add 1 Tablespoon shredded low-fat cheese to filling listed above.

Add Vegetables- Use 4 cups of vegetables instead of cabbage and add shredded low-fat cheese.

Change Protein- Use *CNP Meat Sauce* instead of ground meat and add shredded low-fat cheese.

Pizza Pocket- Use 1 pound of ground meat, 1 cup of mushrooms, 1 cup of green bell peppers, ½ cup shredded low-fat cheese, and 1 cup of tomato sauce instead of cabbage filling.

Sloppy Joes

Makes 4 sandwiches | 4 servings

Ingredients

- 1 Tablespoon vinegar
- 1 Tablespoon brown sugar
- ¼ cup ketchup
- 2 cups *CNP Meat Sauce*
- 4 whole-wheat buns

Directions

1. In a saucepan or electric skillet, combine vinegar, brown sugar, ketchup, and *CNP Meat Sauce*.
2. Heat through.
3. Serve on buns.



CNP Tip

Try serving Sloppy Joes with sliced fruit or a side salad for a balanced meal that is ready in minutes.

Stroganoff

Makes 8 cups | 4 servings

Ingredients

12 baked meatballs or 1 pound lean ground game meat
½ cup chopped onion
½ cup sliced fresh mushrooms
2 garlic cloves, minced (1 teaspoon powder)
⅛ teaspoon salt
½ teaspoon black pepper
2 cups low-sodium broth
6 Tablespoons of flour
1 cup plain yogurt or low-fat sour cream
4 cups cooked whole-wheat pasta

Directions

1. In a large skillet or electric skillet, brown ground meat (if using) or heat meatballs, with onions, mushrooms, garlic, salt, and pepper. Remove from skillet.
2. In the same skillet, mix together ½ a cup of broth and flour. Heat, stirring constantly, until thick. Add remaining broth.
3. Reduce heat to low. Add yogurt and stir until combined.
4. Add meat mixture and heat through.
5. Serve over hot whole-wheat pasta.

Stuffed Green Peppers

Makes 3 peppers | 6 servings

Ingredients

- 3 large green peppers
- 1½ cups brown rice
- 1 cup *CNP Meat Sauce*, thawed
- 1 8-ounce can tomato sauce
- 1 Tablespoons taco seasoning
- 1 4-ounce can chopped black olives
- ¼ cup cheese, for topping (optional)
- Nonstick spray



Directions

1. Cook rice and set aside.
2. Preheat oven to 350°F. Spray a baking sheet (any size) with nonstick spray.
3. Wash peppers. Cut off tops and scoop out seeds. To help them stand up, take a small slice off of the bottom. Trim around the stem of the peppers. Throw away the stem. Chop the trimmed pieces and bottom parts of the pepper, then set aside. Drain and chop olives.
4. Combine cooked rice, *CNP Meat Sauce*, seasonings, and olives. Add chopped pepper from the trimmed top and bottom. Fill peppers with rice mixture. Place in 9x13-inch baking dish coated with nonstick spray.
5. Cover with foil and bake at 350°F for 45 minutes. The peppers will change to a deeper color of green as they cook.

Variations

Change Colors- Use red, yellow, or orange peppers, if they are on sale. They have a milder flavor.

Change Grains- Replace brown rice with quinoa, barley, or couscous.

Tacos

Makes 8 tacos | 4 servings

Ingredients

- 1 teaspoon taco seasoning
- 1 cup *CNP Meat Sauce*, thawed
- 4 Tablespoons salsa
- ½ cup lettuce
- 1 tomato, diced
- ¼ cup onion, chopped
- ½ cup low-fat cheddar cheese, shredded
- 8 taco shells or small tortillas



Directions

1. In a saucepan, skillet, or electric skillet combine taco seasoning and *CNP Meat Sauce*. Heat through.
2. Spoon 2-3 Tablespoons of meat mixture into each taco shell or tortilla. Top with salsa, lettuce, tomato, onion, and cheese.

Taco Soup

Makes 6 cups | 6 servings

Ingredients

2 cups *CNP Meat Sauce*

2 teaspoons taco seasoning

1 15-ounce can diced tomatoes

1 15-ounce can kidney, pinto, or
black beans, drained

1 15-ounce can corn, drained

1 cup water

½ cup low-fat cheddar cheese, shredded

Optional toppings: corn chips, olives, avocado, low-fat sour cream



Directions

1. Combine all ingredients in a saucepan and bring to a boil.
2. Simmer 10 minutes or longer, if meat sauce is frozen. Add more water, if needed.
3. Ladle into bowl and sprinkle with shredded cheese and other toppings, as desired.

Vegetable Meat Packet

Makes 4 packets | 4 servings

Ingredients & Supplies

4 medium potatoes, thinly sliced
8 large mushrooms, sliced
4 large carrots, thinly sliced
1 medium onion, sliced
1 pound lean ground game meat or 12 meatballs
1 cup barbecue sauce
Aluminum foil

Directions

1. Divide vegetables between 4 sheets of aluminum foil (12x18-inches each). Place vegetables in center and crumble ground meat over vegetables, or add meatballs. Top with barbecue sauce.
2. Wrap each packet by bringing up the sides. Double fold the top and ends to seal. Leave room for heat to circulate inside.
3. Cook packets using one of the following methods:
 - To bake in the oven, place packets on a baking sheet. Bake at 450°F for 20-30 minutes.
 - To bake in an electric skillet, heat skillet to 400°F. Use a cooking rack in the bottom of the skillet. Pour ½ inch of water into the skillet. Place the packets on the rack. Cover and close the steam vent. If you do not have a rack, make your own with aluminum foil. Form foil into a long snake about 1 inch thick. Form into a coil to fit in the skillet. Place the packets on top of the coil.
 - For grilling, heat grill to medium-high or 400-450°F. Place packets on grates for 15 minutes.
4. Packets are done when the meat reaches an internal temperature of 160°F. When done cooking, carefully open packets to allow steam to escape.

